

### Abstract of the Disclosure

Plants are grown on a growing medium to a seedling stage in which the stems of the plants remain soft and edible. The growing medium is placed in a shallow tray or the shallow bottom of a container. The stems of the plants project upwardly from the growing medium above the tray or into the top portion of the closed container. The tray or container is distributed to consumers while the plants are still in the seedling stage so that both the stems and leaves of the plants are consumable. The shallow tray or bottom portion of the container allows easy snipping of the plant stems for consumption of some of the plants and keeping the rest of the plants in the tray or container for later use.